

Charcoal Poultice



The Recipe

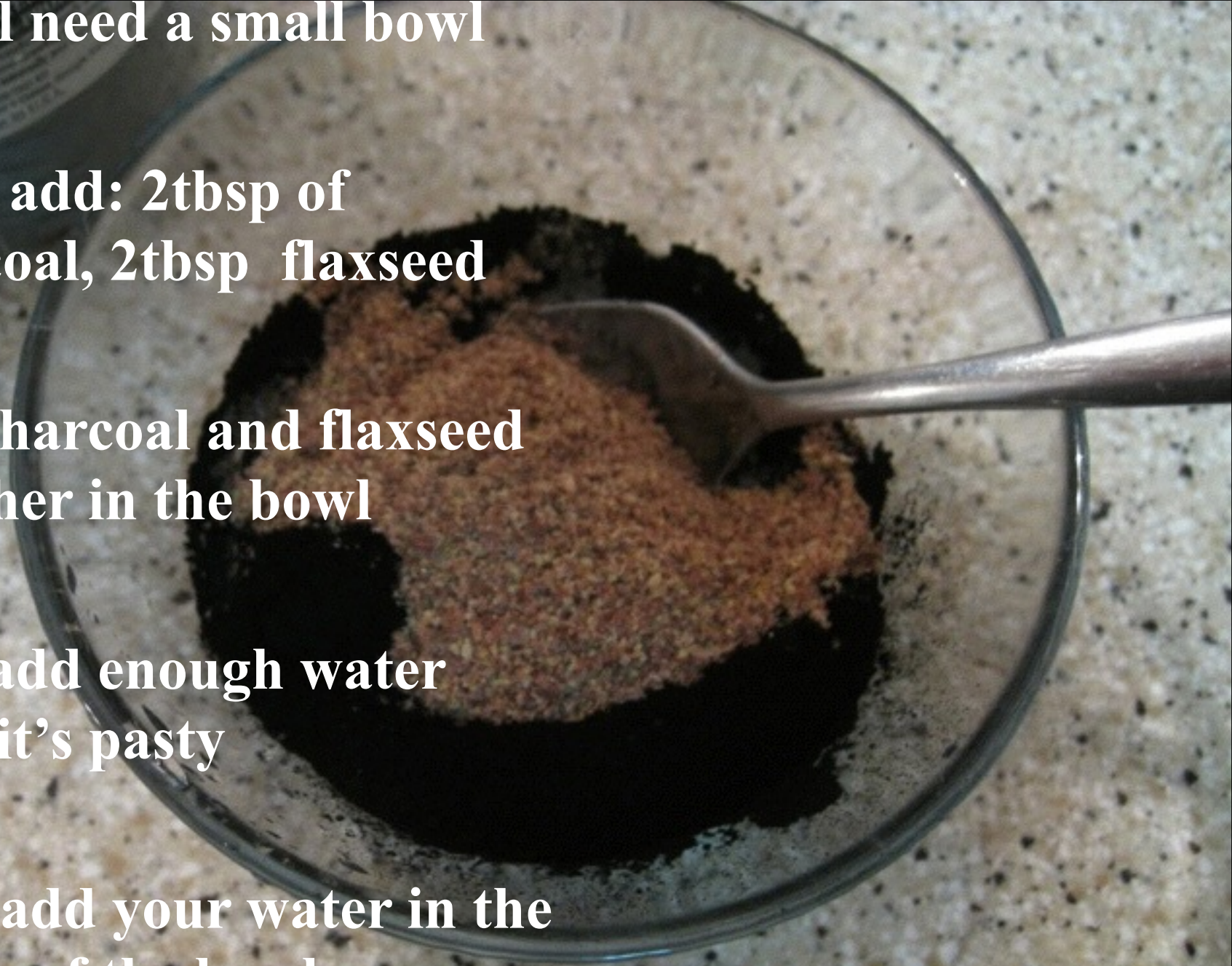
You'll need a small bowl

**Then add: 2tbsp of
charcoal, 2tbsp flaxseed**

**Mix charcoal and flaxseed
together in the bowl**

**Then add enough water
until it's pasty**

**Don't add your water in the
center of the bowl.**



Flaxseed comes in two colors, brown and golden.



We're using flaxseed because it adds elasticity to the poultice to retain moisture instead of it drying out faster.

The Application

A close-up photograph showing a person's hand spreading a dark, powdery substance (charcoal) onto a white, folded piece of paper towel. The background is a light-colored, textured surface.

Spread your charcoal poultice on either a sheet of paper towel, a gauze, or a white sheet.

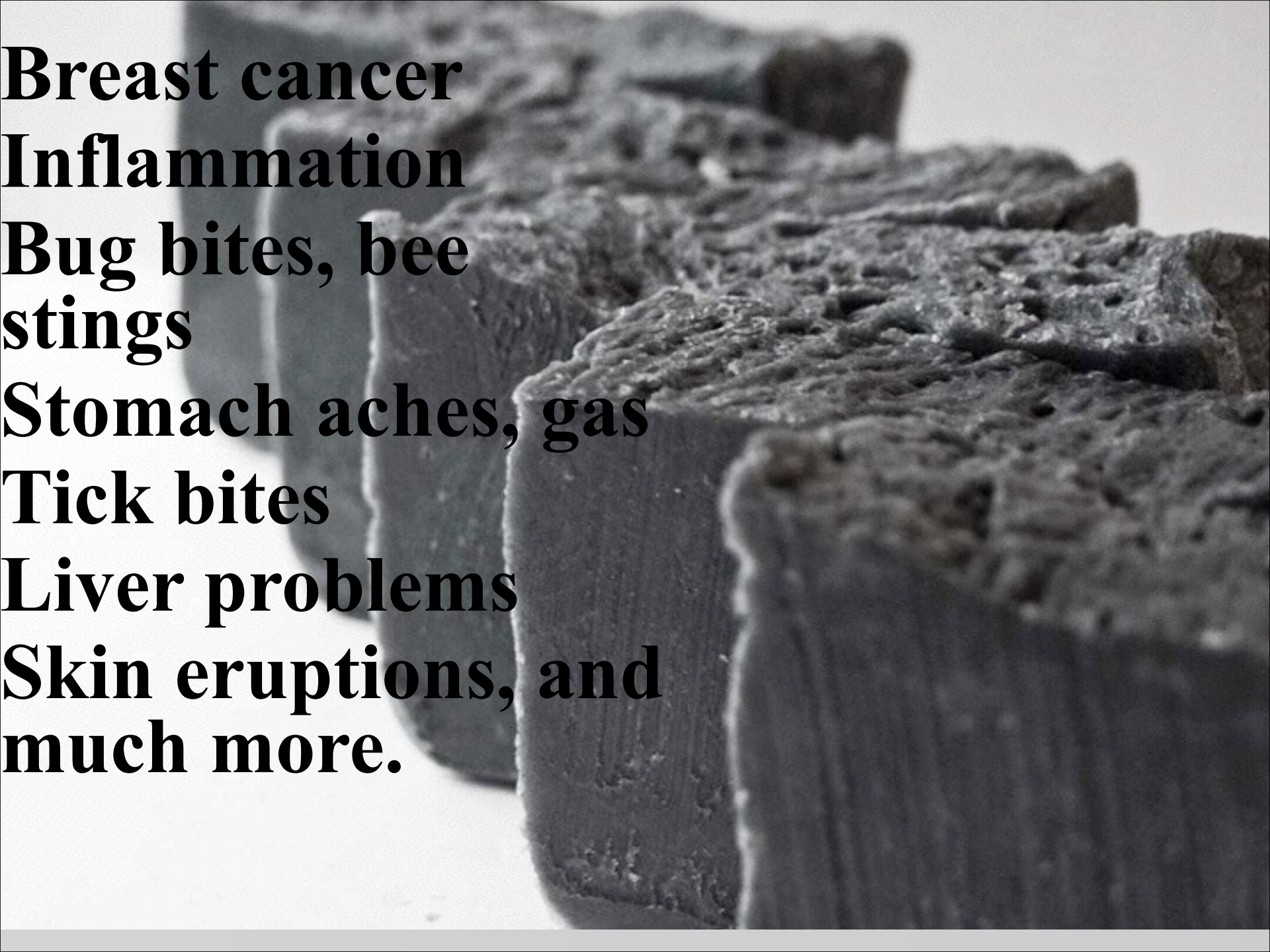
You want to spread your charcoal one eighth of an inch thick, then fold paper and lay on the inflammation or any problem you have.

Then use plastic wrap and securely wrap around poultice then add tape to keep in place. Leave it on for about 8 hours.

CAUTION

Do not reuse your poultice!!!! The reason for this, is because it has absorbed all the toxins. Therefore, once it's done you can throw it out and make a new one.

Benefits of Charcoal



**Breast cancer
Inflammation
Bug bites, bee
stings
Stomach aches, gas
Tick bites
Liver problems
Skin eruptions, and
much more.**

Thank You for Your
Time

God Bless :)